

Thank you!

for participating in the
Cosmic Wish Experiment!

and remember...

Cosmic Wishes



Light the sky!

<https://cosmicwishexperiment.com/>

BROWNELL LANDRUM

The
Cosmic Wish



EXPERIMENT

PLAYBOOK

Together We Can Light the Sky!

Welcome to The Cosmic Wish Experiment!

Welcome to the beginning of on an 8-week journey that combines ancient wisdom with cutting-edge science – and a ton of fun! Together with your Wish Circle, you'll learn and apply the art and science of cosmic wishing. Ready?

Why 8 weeks? Neuroscience shows it takes approximately 8 weeks of consistent practice to rewire neural pathways. You're not just making wishes—you're engaging in over a dozen scientific disciplines for elevated wishing!

How It Works:





Throughout this journey, you'll follow two Cosmic Wishes: One for you personally, and one with your Wish Circle. You'll track responses, notice synchronicities, and watch as your brain rewires itself for elevated wishing. By Week 8, cosmic wishing will become automatic and delivering measurable results!

Your Commitment:

- I commit to making cosmic wishes daily for 8 weeks 🌟
- I will support my Wish Circle with positive energy ✨
- I understand this is an experiment and will track my progress 📊

Your Name: _____

Your Wish Circle Name: _____

 Resources: Scan for resources, including
 Cosmic Wish Tracker:
 Tutorials, How-Tos, Contests and more!:
 Website: <https://cosmicwishexperiment.com/resources/>





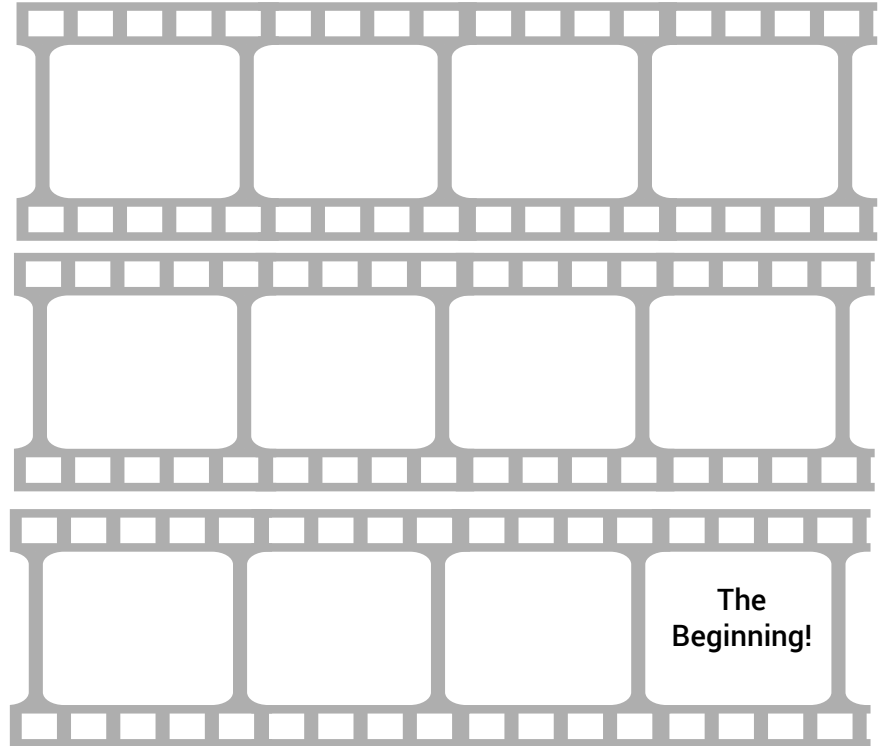
🌟 Cosmic Wishes Light the Sky! 🌟
<https://cosmicwishexperiment.com/>

Tell Your Story!

Movie trailers are called that because they're created when a story is complete to serve as a preview to others. How will you tell your Cosmic Wish story?

Color, write, or draw. Or better yet – film and share it!

You know why?  SCIENCE 



🌟 Can You Guess What Sciences You Used By Creating Your Movie Trailer?









Go to <https://cosmicwishexperiment.com/resources/> to discover the fascinating science behind storytelling—and keep learning about the art and science of wishing!

Cosmic Wishes Light the sky! 

Tally Your Results

Now let's find out if your wishing achieved COSMIC level!

Week	Wishing Points	Activity Points	Bonus Points	Total Points
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
TOTAL ALL				

-  Quantum (0-99 pts)
-  Atomic (100-199 pts)
-  Molecular (200-299 pts)
-  Planetary (300-399 pts)
-  Stellar (400-499 pts)
-  Galactic (500-599 pts)
-  Universal (600-799 pts)
-  COSMIC (800-1000 pts)

Congratulations and Gratitude

Congrats – and COSMIC thanks – for participating in the Cosmic Wish Experiment!

Now we need to learn from YOU. Please tell us how we did so we can keep improving!

<https://cosmicwishexperiment.com/feedback/>



The Story Behind Cosmic Wishing




Hi! I'm Brownell and I'd like to welcome to the Cosmic Wish Experiment! This journey began while I was writing *A Love Story to the Universe* with a magical realm I called Astraea where Wish Fairies gather, sort, and grant wishes. As I wrote, questions emerged: *What IS a wish? How does wishing actually work?* 🧠 That led me to do some research.

You know what I found out?

Every time you wish you engage over a dozen different sciences! Everything from neuroscience 🧠, psychology 🧠, evolutionary biology 🧬, anthropology 🏠 – even quantum physics ⚙️!

The result was a book, *The Art and Science of Wishing*, the Cosmic Wish Experiment, and this Playbook.

How is a Wish Different from a Prayer or a Goal?

-  **Goals** are within your control (your actions, your effort).
-  **Prayers** are outside your control (asking for divine help).
-  **Wishes** are both personal and transpersonal, that sweet spot between where intention meets forces beyond yourself.

Why "Cosmic"?

According to Merriam Webster, Cosmic means:

1. Relating to the vastness of the universe 📍
2. Concerned with spiritual or metaphysical ideas ✨
3. Greatness in extent, intensity, or comprehensiveness 🌀

A cosmic wish is different. It's bigger. More powerful. And it's made applying understanding...

color me!

SCIENCE

Your Cosmic Wish

📄 Creating Your Wishes

You'll craft TWO wishes:

Your Circle Wish: The shared goal for your Wish Circle

Your Personal Wish: Something meaningful for YOU

According to science, it should align with the 3 P's:

- 🕊️ PEACEFUL – Calm, grounded, trusting
- 🌟 POSITIVE – Wishing FOR what you want (not AGAINST what you don't want)
- 🇪🇺 PURPOSEFUL – Serving not just you, but something beyond yourself

💡 Quick Tips:

- ✓ Focus on what you want to create
- ✓ Stay open to how it happens
- ✓ Make it FUN!
- ✓ Make it measurable

👉 Your Wishes for the 8 Weeks:

👉 **Our Wish Circle Wish:** _____

How we'll measure success: _____

★ **My Personal Wish:** _____

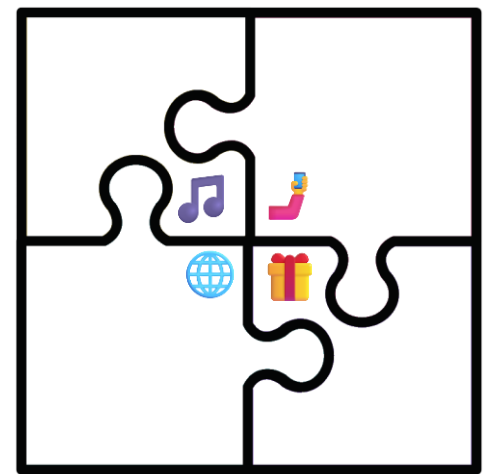
How I'll measure success: _____

Celebration

Time to CELEBRATE! When you celebrate wins, your brain releases **dopamine** - the "reward chemical" that makes cosmic wishing stick. **Recognition** creates positive feedback loops. **Reflection** integrates new patterns. And **sharing** activates mirror neurons in others, spreading the effect!

Build Your Victory Ritual

Solidify your success by entering your responses in the puzzle below:



- 🎵 Enter your victory song
- 📱 Show a photo of what winning looks like
- 🌐 Share on social media
- 👥 Who will you celebrate with?



Week 8 Score

	Score	Running Total
Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts.) :	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

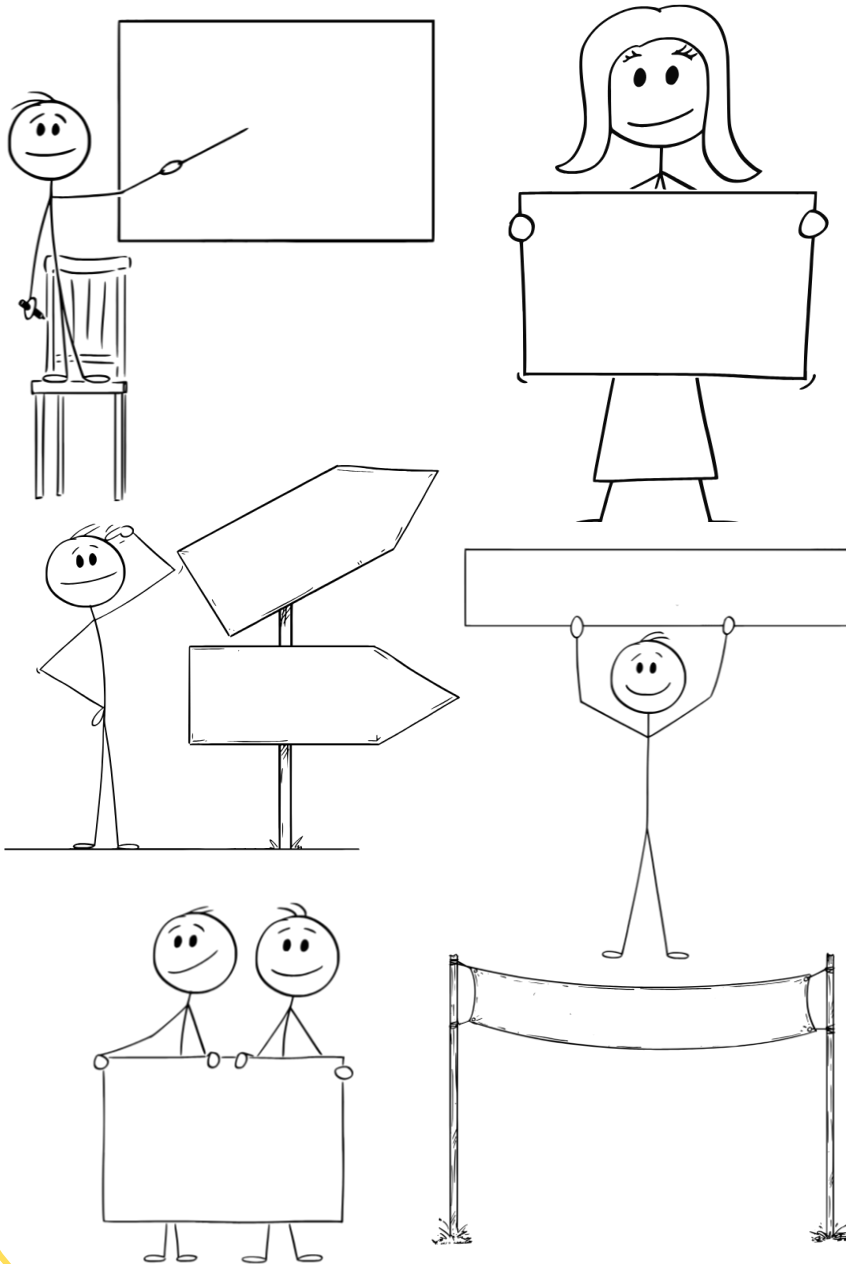
Actions taken on your wish: _____

Progress made: _____

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Signs of Success!

What "signs of success" have you seen along the way?



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SCIENCE

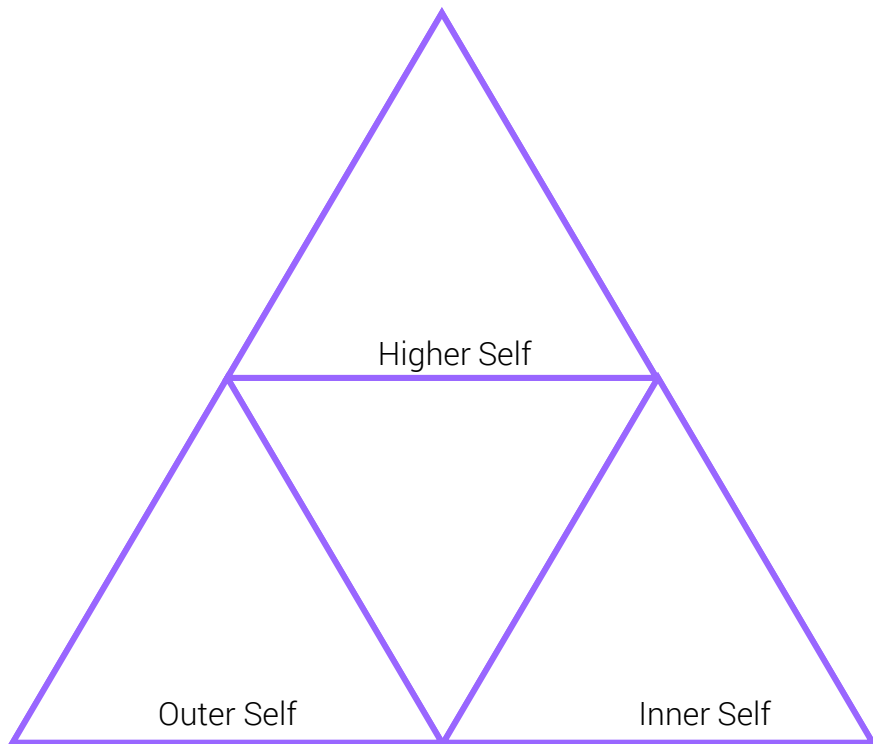
The Three Selves

A crucial element of making a cosmic wish is to understand your "three selves:"

- Inner Self/Body/Subconscious (emotional/physical)
- Outer Self/Mind/Conscious (logical/thinking)
- Higher Self/Spirit/Superconscious (spiritual/purposeful)

Activity: Sort these words into the three sections of your triangle. Which self does each word belong to?

Logic • Joy • Purpose • Planning • Play • Wisdom • Feelings • Goals • Connection • Energy • Strategy • Passion • Intuition • Analysis • Fun • Meaning • Sensations • Service



Playing with Blocks

Look at each block you identified. Which category does it fit?

- Alignment** - We're not on the same page
- Belief** - We don't think this will work
- Fear** - We're scared of something
- Scale** - Size/timeline mismatch
- External** - Forces outside our control
- Process** - We don't know how

Now, consider each science you learned. Which can help you break through the blocks?

- 3 Selves
- Motivation
- Wants vs. Needs
- Brain Science
- 3 P's
- 4 Responses

Category	Science Solution
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____



Week 7 Score

	Score	Running Total
Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts):	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

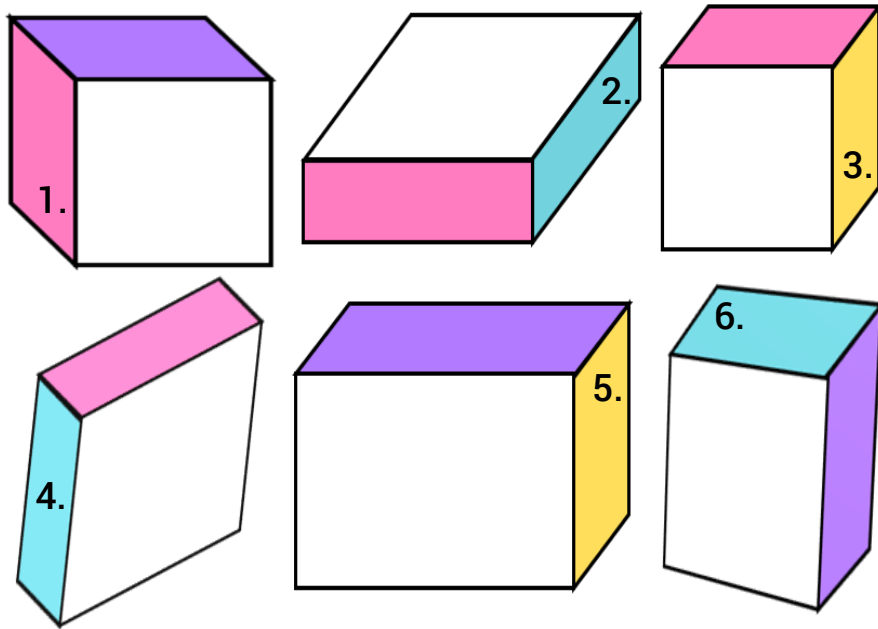
Actions taken on your wish: _____

Progress made: _____

*Go to <https://cosmicwishexperiment.com/bonus/> to see earn bonus Brownell points!

Playing with Blocks

What blocks are you facing with your wish?



Block

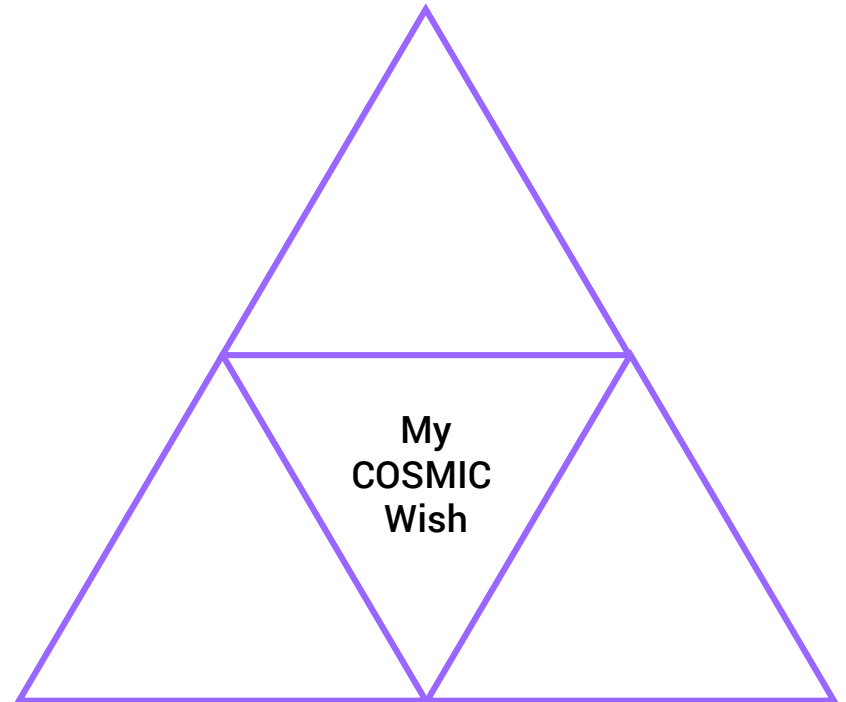
Why It's a Problem (or Might Be)

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

Which block is the biggest challenge?

The Three Selves

Now, let's see how each of your "selves" aligns with your wish. In each triangle, list/describe how each self thinks/feels about your wish.



Week 1 Score

Score Running Total

Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts) :	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

Actions taken on your wish: _____

Progress made: _____

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Brain Games Based on SCIENCE!

Ready to use your brain this week? Let's start with a "backwards" word search. How many can you find?

R	R	E	C	N	E	D	I	F	N	O	C	N	K	A	Z
B	M	O	D	S	I	W	S	D	N	E	I	R	F	F	Z
M	I	L	U	F	E	C	A	E	P	J	Y	B	X	A	L
L	Y	T	I	R	A	L	C	E	V	I	T	A	E	R	C
G	E	V	O	L	E	C	N	A	D	N	U	B	A	S	V
S	N	O	I	S	S	A	P	M	O	C	C	I	J	P	O
B	E	D	U	T	I	T	A	R	G	C	I	M	S	O	C
F	I	P	T	E	L	C	L	T	S	U	R	T	G	V	B
Z	Y	T	I	N	U	T	R	O	P	P	O	L	Z	T	A
N	N	O	I	T	A	R	I	P	S	N	I	Y	A	T	O
C	L	H	P	I	W	Y	O	J	T	R	O	P	P	U	S
C	W	O	L	F	B	N	U	F	F	S	J	F	L	F	Z
H	W	B	P	U	T	E	R	U	T	N	E	V	D	A	K
Q	T	R	X	L	U	F	E	S	O	P	R	U	P	Y	R
F	E	H	L	M	O	D	E	E	R	F	O	B	Q	B	A
J	Q	N	U	O	E	G	A	R	U	O	C	P	Q	J	W

Now, take three of your words and apply them to your wishes – either to amplify the message, elevate the cause, or enhance the results:

Personal Wish:

- _____
- _____
- _____

Wish Circle Wish:

- _____
- _____
- _____

Brain Games

Can you complete a row, column, or diagonal?

Spot synchronicities	Practice 4-4-4 breathing	Break a routine
Teach someone wishing science	Do something fun!	Write a story about your wish
Visualize your wish	Reframe disappointment	Practice Gratitude

Which activities will you continue?



Week 4 Score

	Score	Running Total
Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts):	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

Actions taken on your wish: _____

Progress made: _____

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The Science Behind The Three P's

Apply the Science Game! Draw lines from each of the P's – Peaceful, Positive, and Purposeful to the SCIENCES that activate when you apply that "P" to your cosmic wishing.

Peaceful

Reticular Activating System/RAS (neuroscience), Dopamine release (neurochemistry), Broaden-and-Build theory (psychology), Neural pathway formation (neuroscience)

Positive

Mirror neurons (neuroscience), Oxytocin (biology/chemistry), Empathy circuits (psychology), Social bonding (sociology)

Purposeful

Prefrontal cortex activation (neuroscience), Parasympathetic nervous system (polyvagal theory), Serotonin & dopamine (biology/neurochemistry), Cortisol reduction (endocrinology)

Science Cheat Sheet:

- ology = Study of
- Psych- = Mind/Behavior
- Neuro- = Brain/Nerves
- Affective = Emotions
- Cognitive = Thinking
- Physio- = Body
- Social = Groups/Relationships
- Anthro- = Human culture

Transforming Your Wishes

Research on cognitive therapy shows that identifying and transforming limiting beliefs (misbeliefs) can dramatically improve motivation and achievement. Understanding the FEAR, DESIRE, and MISBELIEF beneath your wish is the key to transformation! Now that you know your deeper NEED, let's look at what's underneath:

FEAR: What am I afraid of if I don't get this wish?

DESIRE: What feeling/experience am I really seeking?

MISBELIEF: What limiting belief might be driving this want?

What did I learn from this exercise to help me clarify my wishes?

For my individual wish: _____

For our group wish: _____



Week 3 Score

	Score	Running Total
Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts):	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

Actions taken on your wish: _____

Progress made: _____

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Motivation: Wants vs. Needs

"Neuroscience + Psychology say: Your brain's reward system lights up for what you WANT—but true happiness comes from what you NEED (purpose, growth, connection). Knowing the difference = cosmic wishing!"

Let's start with another "science" – storytelling – to demonstrate.

- Luke wanted adventure, but he needed to find his purpose.
- Elle Woods wanted to get Warner back but needed to find her own strength without him.

Here, choose your own fictional character and consider their Want vs. their Need and explain why the need is better:

Why The Need Is More Compelling
The Need
The Want:

Now, look at the Wants vs. Needs of your wish:

Why The Need Is More Compelling
The Need
The Want:

Science is a Superpower!

Choose Your Science Superpower!

What science(s) will be your superpower this week?

List 5 ways you can apply your Science Superpower to make your wishes Cosmic Wishes!

1. _____
2. _____
3. _____
4. _____
5. _____

Bonus: Earn Brownell Points by teaming up with another Wish Circle member with a different Science Superpower to double-charge your wish. Answer: How did applying the sciences with the Three P's with others elevate your wish – and results – even more?



Week 5 Score

	Score	Running Total
Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts):	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

Actions taken on your wish: _____

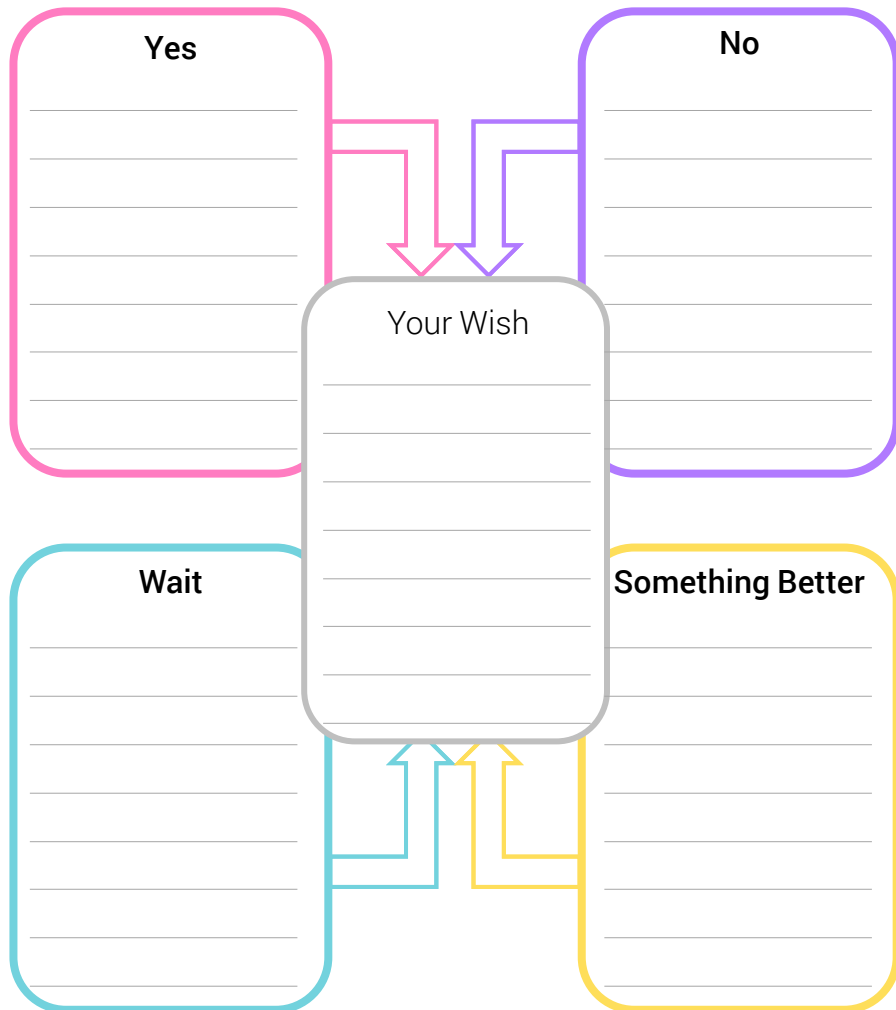
Progress made: _____

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The Four Responses

Wishes receive one of four responses: Yes, No, Wait, or Something Better. Before you think "Yes" is all positive, or "no" is negative, science suggests that it's more nuanced.

Here, consider each of these four responses and how this information might help you fine-tune and reframe your wish.



Motivation & More

Motivational Science says that we are driven by both carrots (things we want) and (sticks) things we want to avoid.

What are some things I can do to keep me energized to participate in this project and complete this Playbook?

What are some pitfalls I to avoid so I don't lose interest?

How can I serve as a motivator to others in the Wish Circle?

Further, research says that motivation can be either intrinsic (for yourself) and extrinsic (for others): List yours here:

Intrinsic/Self:

Extrinsic/Others:



Week 2 Score

Score Running Total

Wishing Points for the Week (max 70 points)

Completion of this week's activity (max 25 pts) :

Bonus Challenge (max 30 pts.) *:

Total

Actions taken on your wish: _____

Progress made: _____

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The Motivation Matrix

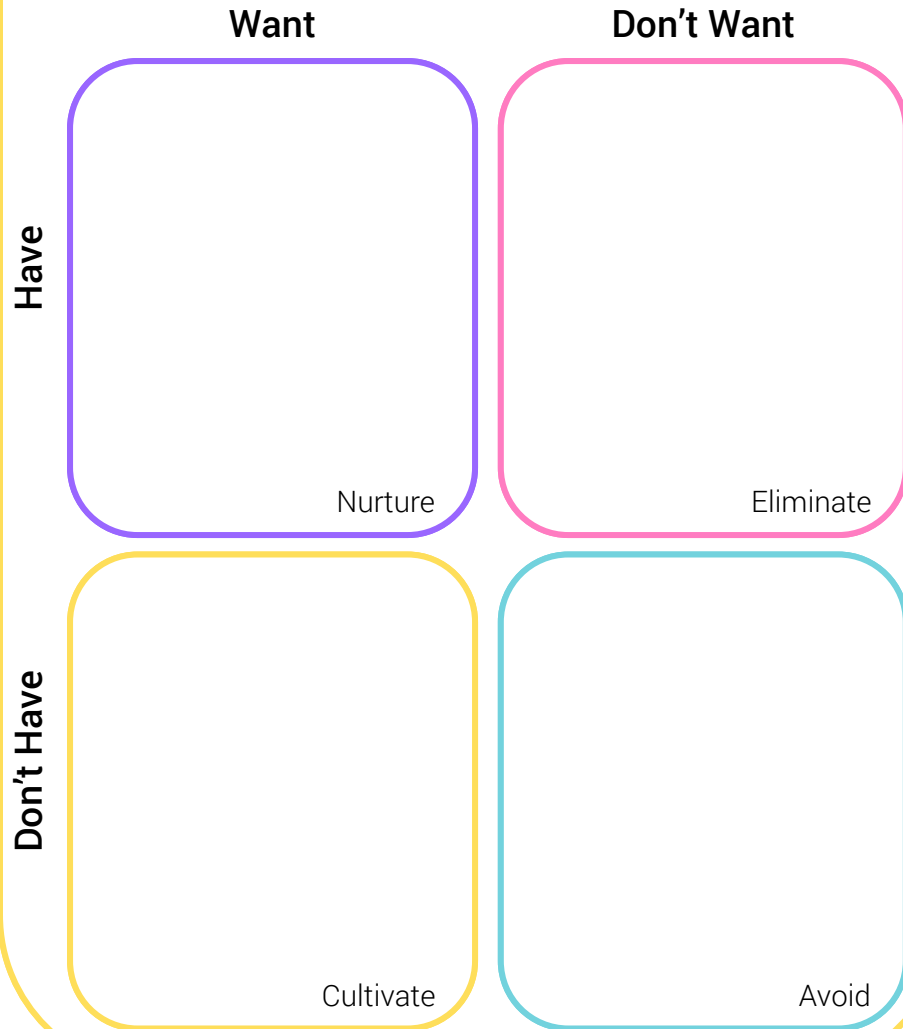
Your wish is powered by four types of motivation - what you want *and* what you want to avoid. Complete the four quadrants in Motivation Matrix below :

(Want + Have): Appreciating what you already have

(Want + Don't Have): What you want to develop or attract

Don't Want + Have): What's currently blocking you

(Don't Want + Don't Have): Unforeseen factors



The Four Responses

The Four Responses invite us to ask, "WHAT IF?" – What if there's a better way? What if the timing isn't right yet? What if the universe has something bigger in mind? Stories often start with a "what if" question. "What if life was a computer simulation?" "What if dinosaurs were brought back for a theme park?" "What if a famous couple from history returns?"

List two "what if" questions from your favorite stories.

Now, list some "What if" questions related to your wish. For example, "What if our Wish Circle really could create a network where no one feels alone?" or "What if our Wish Circle really is able to get everyone in the world to make more peaceful, positive, and purposeful wishes?" Dream BIG!



Week 6 Score

	Score	Running Total
Wishing Points for the Week (max 70 points)	<input type="text"/>	
Completion of this week's activity (max 25 pts) :	<input type="text"/>	
Bonus Challenge (max 30 pts.) *:	<input type="text"/>	
Total	<input type="text"/>	<input type="text"/>

Actions taken on your wish: _____

Progress made: _____

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